Serving the CNR Community Since 1921 Student Newspaper

The College of New Rochelle
TATLER

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How Safe Are You?

Bianca Toledo

Fire safety has always been an important issue at CNR. Although many of the fire codes implemented by The College have not recently changed, it is still vital to address this subject to students to ensure their safety and the safety of others on campus.

According to Katrina Benge, Director of Safety and Security, there is a minimum of one health and safety inspection per semester throughout The College. The state inspector, along with security, goes to each building to ensure that the fire safety codes are up to date and implemented throughout the campus. Students should not worry because "all buildings are up to code now," Benge expressed. In case of any unwanted fire, Benge explained that The College has a great relationship with the fire department.

Other than the major inspections around campus, there are health and safety checks at the residence halls that occur every month. Benge explained that these inspections include a visual check throughout the halls to make certain that the fire extinguishers, exit lights and emergency lights, and other general maintenance concerns are working properly. Problems found in student rooms are noted and the building staff follows up to ensure that the conditions are corrected. Lighting and maintenance problems are reported to facilities, which is the Physical Plant office that consists of Housekeeping and Maintenance.

According to the student handbook residents receive in the beginning of the year, residents are to follow a list of do's and don'ts that will guarantee their safety at The College. Residents are not allowed to have in their possession; incense or candles, open burners, halogen lamps, and extension cords in their rooms. Failure to comply will result in a meeting with the assigned R.D of the residence hall. Please be aware that these are not allowed in the building. Also, each residence hall conducts one scheduled, unannounced fire drill per semester. A map is located near the door in each room it identifies where all the exits can be found through out the building. Students should always remember where they must exit in case of a fire.

For those residents who are smokers, please be wary that there is no smoking in the common areas in the resident halls. There are halls chosen for those who like to smoke. One may wonder

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One of many fire extinguishers found in Brescia Hall

Just one fire alarm that is causing so much trouble in the bathrooms in Brescia

Black History Month At CNR

Jennifer Davidson

February is Black History Month and The College of New Rochelle is celebrating by involving students in culturally rich activities all month long. Student Development and Programs has been holding events all month for resident and commuter students alike. Some of their more popular events were going to see "The Color Purple" in New York City and the movie nights that were held, throughout the month. Student Development and Programs weren't the only ones celebrating however, Resident Assistants were also getting in on the celebration by gearing their programs toward awareness of African American culture.

As we celebrate Black History Month, we must also look at African Americans who have changed our nation for the best. The recent death of Caretta Scott King is the second great loss in the previous months. Rosa Parks death silenced the nation when we mourned for a woman with more values, ethics, and courage then most people of her time and even now. Rosa Parks sparked a great controversy in this nation, she wasn't the first to revolt but it was just what we needed. If it had not been for so many great people such as Mary Prince, Gabriel Prosser, Nat Turner, William Lloyd Garrison, Fedrick Douglass, Harriet Tubman, Harriet Beecher Stowe, Hiram Revels, Jackie Robinson, Martian Luther King Junior, Malcom X, Huey Newton, and Bobby Seale, our country would not be what it is today; it would lack culture, diversity and many great accomplishments.

As Black History Month comes to an end we must stop and remember all the great people who have come before us. All those who fought for something they believed in and those who died for a cause they knew was right. Black History Month is not just about history it is about awareness and learning from the past. All of these great men and women struggled for something they believed in and we should keep their memories alive not only in the month of February but all year long.

Some Fun African American Firsts:

- John Mercer Langston was the first African American elected local town clerk in 1855, in Brownhelm Township, Ohio.

- First Female African American Federal Judge Constance Baker Motley in 1966.

- The Inventor of the Blood Bank was African American Dr. Charles Drew in 1940

- First African American Network Television Show Host as Nat King Cole in 1956 and the first African American woman was Oprah Winfrey in 1986.

The College of New Rochelle celebrates Black History by going to see "The Color Purple" in New York City

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How Safe Are You,

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why smoking is allowed in some parts of the residence halls when The College enforces fire safety. Benge explains that the residence halls are residential buildings and students' home away from home. Therefore, security wants students to be comfortable living on campus. Although smoking is allowed, Benge hopes students will be responsible with their smoking to avoid any unwanted disasters.

Brescia has been known to have its fire alarms go off due to the steam when students shower, especially during the night. Joanna Levy, an Ursula resident and Psychology major, lived in Brescia last year and she recalled many times when the alarm would go off at night. "I loved living in Brescia, but it felt like there was a curfew when students could and could not shower. It was as if no one could shower after midnight because the alarm would go off and wake people up. It was very annoying. Students should shower when they want to and not be afraid of the fire alarms going off because of the steam," explained Levy. One of the main reasons for this problem is that the "exhaust works differently in Brescia. It has always been a sporadic problem, but security is trying to find different way to correct this and it is being passed on to facilities," expressed Benge.

Security works with SD&P to ensure that fire safety reaches the students on campus. SD&P posts security information on bulletins around the campus and has a section dedicated to fire safety in the student handbook. If anyone is interested in learning more about fire safety, visit security and pick up a security booklet for a full rundown of all the safety do's and don'ts. Shirley Del Valle, Senior Communication Arts Major and commuter, said "I feel so much safer after knowing that security is doing what they can to make sure students feel safe on campus. Security rocks!"

Following these safety rules will guarantee a healthy and happy semester for all students residents and commuters alike.

Sixth and Ninth Says It All

Jennifer Davidson

Sixth and Ninth is a new cutting edge web based tee shirt and apparel line. The California-based company, with a very New York name, announced their presence in the fashion world just before Olympus Fashion Week here in New York City. The street inspired designs feature hilarious and witty graphics; that play off of real but unusual names of cities and towns across the United States. Places such as, Beaverlick KY, Intercourse PA, and Spreadeagle WI, are just some of the "places you should do before you die" t-shirt line.

All Sixth and Ninth's clothing combines style and function makes, not only a great looking shirt but one you aren't afraid to wear. The tee's have a distressed rustic look making each design look more authentic. All the designs are on 100% cotton tees which are ultra soft and comfortable giving you a feeling of never wanting to take it off.

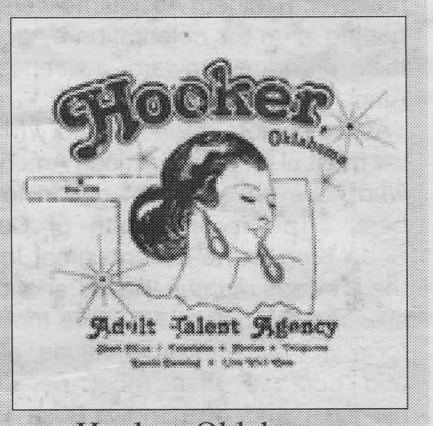
The designs and quality of these tees might be the best part of this apparel line but the web site is one of the easiest sites to navigate that you will ever visit. It is easier to view all the designs then it is to actually decide on which one you want. The site also allows you to choose the type of tee you want (ladies fit or universal), the color of your tee and of course the size (complete with a size chart). Checkout is no more complicated then filling out your name and the prices aren't bad either.

So let your road trip begin today and learn more about their new launch by visiting Sixth and Ninth at www.sixthandninth.com.

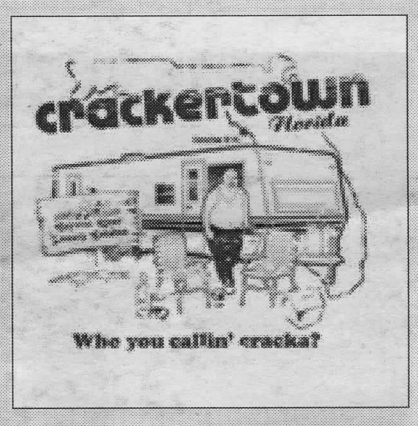
Brimstoke, Louisiana

Bushyhead, Oklahoma

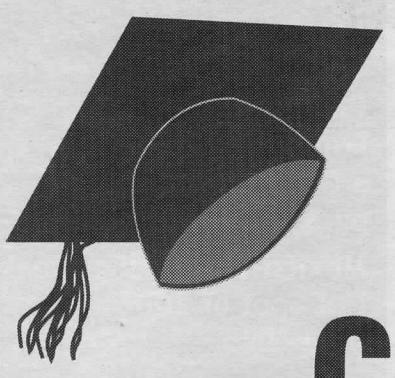
One of their shirts not from the "places to do before you die" collection.



Hooker, Oklahoma



Crackertown, Florida



Senior Class Events Calendar

Are you a senior that never knows about those special events?

Well than here's a list that's sure to help!

Dates:	Events:
Monday, April 3rd	Spirit Competition - Maura Hall
Tuesday, May 23rd	Senior Gala at Juliano's from 8pm - 12am
Wednesday, May 24th	Hooding Ceremony
Thursday, May 25th	Graduation at Radio City Music Hall

Don't Forget ...

- Check your mailboxes for your senior packets. They contain all the information you need.
- All fees are due as soon as possible. Including yearbook money.

Need more info?
Contact: Laura, Nancy, Yoshada, Loren, Sterling, or Malissa at: cnrseniors@yahoo.com

Student Housing Panel Off to a Good Start

Kathryn Tyranski

The Office of Student Development and Programs (SD&P) has started a series of Student Housing Panels that are designed to meet the needs and answer the concerns of resident students on campus. The creation and facilitation of the panels is a product of SD&P here at The College of New Rochelle and has been spearheaded by senior Resident Assistant Roxanne Morrison, Meghan Toomey the Assistant Director of SD&P, and Jennifer Zichettella the Resident Director of Maura and Angela Halls.

The Student Housing Panel series of events began in November and its early goals were to recruit students to sit on the panel as well as find aspects of residence life that could be discussed. Meghan Toomey said the goals of the Housing Panel were "to formulate our own goals within the housing panel and answer questions about housing for next year." She relayed that the fall semester was mainly for recruitment. SD&P hopes to see two or three representatives from each residence hall to commit to the panel. The Housing Panel at CNR would be similar to what other colleges and universities refer to as Residence Hall Associations.

On December 5, 2005 the Student Housing Panel held their second event, which was mainly an event to build interest to recruit more students to sit on the panel. This group, according to Toomey would be an "ongoing group to talk about housing in general." Those that have attended events hosted by the Student Housing Panel, according to Toomey "have been involved, enthusiastic and it's been a positive meeting." Jennifer Zichettella said, "If people have complaints and want to see changes, they should come and participate." The main purpose of the Student Housing Panel is to function as a body that will make recommendations for residence housing to SD&P.

December 7, 2005 marked the first series of focus groups hosted by the Student Housing Panel. The focus groups met on December 7, several times throughout the day. There was one session that was open to all students to address general housing needs. Later in the day there was a session for juniors and seniors to talk about what they would like to see in senior housing. The focus groups are designed to address one issue with a group of people who are interested in that particular issue. Roxanne Morrison said that the Student Housing Panel and the focus groups are "giving residents a new channel to verbalize their concerns." She added that she would like to see the panel evolve to include a representative from every floor of each residence hall. Morrison said that "the main concerns that have come up in the panels have included guest housing and making the residence halls a more homelike environment for students."

Students that attended the December 7th event represented many aspects of The College, specifically resident and commuter. Erica Ayuso, a freshmen Business and International Studies Major said she came because she is "interested and wanted to know about male guest policy procedures." Ayuso also added, "I think it's a good idea, if its purpose is fulfilled, it will meet resident's needs." Ayuso believes that the guest policy is a big issue at CNR and will keep attending panel events to help solve the problem. She states, "I'll keep coming because guest policy is a big issue here." "Do you have freedom?" Is just one of the many questions Ayuso has. Another attendee included commuter student Robert Page who is a graduate student in Guidance and Counseling. Page attended the Student Housing Panel event because he wanted "to meet people and assimilate into the College community." Page, as a commuter, believes it is important for commuters to have a representation on the panel because of how guest policy affects commuter students. Page also added that he wants to attend the panels because he "thinks male and graduate housing needs to be expanded."

It seems that the Student Housing Panel is off to a good start. There are students out there, like Ayuso and Page who have concerns and hope the Student Housing Panels will help to address them. Morrison, Toomey, and Zichettella are all very positive about the Student Housing Panel series. If you'd like to see more focus groups next semester, speak up! Only when students participate and voice their opinions in the focus groups, will there be change. As Zichettella suggested, if you have a concern, get involved and address it. If you have any questions about the Student Housing Panel, Meghan Toomey, Assistant Director of SD&P can be reached at extension 5488.

Things To Do Around Campus...

February is ...	Black History Month
Tuesday, Feb. 21st	Movie Night: Imitation of Life
Wednesday, Feb. 22nd	African Dance Class
Thursday, Feb. 23rd	SGA Meeting
Saturday, Feb. 25th	Evening of Elegance
Saturday, Feb. 25th	Celebrating Black Poetry
Tuesday, Feb. 28th	Movie Night: Sarafina
March is ...	Women's History Month
Wednesday, Mar. 1st	Ash Wednesday Mass
Friday, Mar. 3rd	Luna Film Festival
Saturday, Mar. 4th	Paint Your Own Pottery Trip
Sunday, Mar. 5th	Self Defense 101
Monday, Mar. 6th	Women's History Trivia
Tuesday, Mar. 7th	Commuter Coffee House
Thursday, Mar. 9th	SGA Meeting
Mar. 10th - Mar. 19th	Spring Break

For more info about any event, please contact SD & P. at ext: 5862

Mexico- The Spring Break Hot Spot of 2006

Bianca Toledo

Have you been thinking of where you want to go for Spring Break? There are many beautiful and affordable places you can go that will satisfy your urge for Spring Break fun. Take a walk on the wild side and do something you have never done before, such as going to Mexico. Mexico seems to hold a magnetic force to college students each year as Spring Break comes around. Here are Mexico's affordable vacation hotspots for college students:

Cancun, Mexico is the largest international destination for Spring Break, drawing over 300,000 college students from all over the United States. With some of the world's most beautiful beaches, best diving, and perfect Spring Break weather, it's not hard to see why. Yet the natural wonders of Cancun don't even compare to Cancun's nightlife and party atmosphere. Last year, MTV's Spring Break headquarters was Fat Tuesday, a very popular club in Cancun, and they showed the world just how wild Spring Break can be.

If you are considering Cancun for spring break, here are some affordable prices: the best hotel deal is about $135 per person non-inclusive and about $336 per person all-inclusive for 3 nights. Remember, the price of your stay at this destination depends on if you go all-inclusive or not, how many people are going, and how long you are planning to stay. All-inclusive includes all your food and drinks at the hotel you choose. For more information on Cancun prices, go to www.mexicospringbreak.com/cancun-spring-break.htm.

Another beautiful, yet affordable, place to go is Acapulco, Mexico. Acapulco is also one of Mexico's hottest Spring Break destinations. With over 10 world class night clubs, Acapulco is considered by many to have the world's best night life. Throw that together with Acapulco's near perfect spring break climate, warm water, awesome beaches and beautiful scenery, and you come out with a formula for a perfect Spring Break.

If you are considering Acapulco for Spring Break, here are some affordable prices: the best hotel deal is about $100 per person non-inclusive and about $250 per person all-inclusive for 3 nights. For more information on Acapulco prices, go to www.mexicospringbreak.com/acapulco.spring.break.htm.

For further information on how to book your affordable Spring Break dream vacation to these places and more, go to www.springbreaktravel.com, or go to your local travel agency.

If these places seem unreasonable to you, stay home and relax on your Spring Break. Sleep the days away before school starts again. Take time out from your schedule to do something out of the ordinary with friends and family. Go to the city and explore the places you have never seen. Or go on a road trip with your closest friends to somewhere fun. Wherever you go, enjoy it and have a fun and safe Spring Break.

We have finally given 2005 the boot, so now it's time to kick in 2006 with a real salute. Some events from the past year were more memorable then some, so here's a countdown from the best to the worst.

Marissa Morais

The Best of 2005

ENTERTAINMENT

Kanye West responds to President Bush' delayed reaction to Hurricane Katrina. While on NBC's telethon, alongside Michael Myers, West gave the world a piece of his mind about our President's negligence. In addition to being the most controversial artist of the year, he was also nominated for several Grammy's.

Angelina Jolie and Brad Pitt confirm their relationship and adopt another child to add to their bunch.

Kelly Clarkson's album Breakaway climbs the billboard chart.

Daddy Yankee reigns as the King of Reggaeton.

The Ying Yang Twins top the charts with their hit single Wait.

Keyshia Cole takes the R& B world by storm with her The Way it is album, bringing in most of her sales from her loyal female audience.

FASHION

Cardigans make a classic come-back.

Oversized Belts were in, paired with vintage T-shirts and oversized tanks.

Skinny Jeans were a big hit in 05, with snagging styles from the 70's.

Vintage Jewelry including oversized necklaces, colossal sized bracelets and earrings.

The Worst of 2005

ENTERTAINMENT

Karrine Steffans releases her book "Confessions of a Video Vixen". Although, a best-seller, this "vixen" writes like a 4th grader. Her Editor should be fired!

Nicole from America's Next Top Model Cycle 5 wins the competition leaving viewers dazed and confused.

The movie Hide and Seek was a real disappointment to audiences everywhere after finding out that Robert De Niro was the bad guy.

P. Diddy leaves us in suspense as he prolongs the selection of his band members until the next season on Making The Band 3.

Rappers The Game and Fifty Cent publicize their differences and decide to part ways. Shortly after, Fifty recruits rappers Mase and the group Mobb Deep as his new entourage.

Carrie Underwood wins the competition on American Idol devastating the fans of Bo Bice.

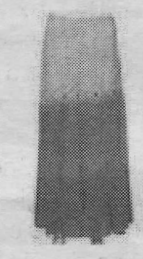
FASHION

Layers. While keeping warm is essential during the fall and winter, it just isn't necessary to wear clashing accessories with blazers, t-shirts and vests.

Cowboy Boots. Western went wrong with this trend.

BOHO - I like to refer to it as "BONO". The idea to mix vintage pieces from the Salvation Army with Couture was certainly misguided.

"Super Skirts" or bohemian prairie skirts- Although this style was practical for the summer it still wasn't the most flattering for most.



IN THE MIX FOR 06

Now that we've wrapped up all of last year, let's see what's new now that spring is in the air.

Making the Band 3 premieres in September. We'll finally get to see what the girls have been up to.

The new winner of American Idol and Project Runway will be announced late May.

Gwen Stefani's new baby is one the way.

Cant' get enough of the O.C.? MTV's new show The Hills is set to premiere this spring along with the new show 8th & Ocean (March 7th 10:30 pm on MTV)

America's Next Top Model Cycle 6 begins March 8, 2006.

Angelina Jolie and Brad Pitt's baby is due in May.

Fashion Week 2006

Marissa Morais

Olympus Fashion Week took place here in New York from February 3-10 in Bryant Park located in the Garment District of the city. Among those that attended were celebrities: Le Ann Rimes, Nicky Hilton, Uma Thurman, Russell Simmons, Ashley and Mary-Kate Olsen, Claire Danes, Sean 'Diddy' Combs, Amerie, Kelly Rowland, Eartha Kit and Nicole Richie. A few of the designers that were featured were: Abaete, Baby Phat, Kenneth Cole, Anna Sui, Carolina Herrera, Betsey Johnson, Calvin Klein, Diesel, Heatherette, DKNY, Heart Truth, Red Dress Collection, Lacoste, Kate Spade, J Mendel, Oscar De La Renta, Marc Jacobs, Michael Kors, Karl Lagerfeld, Ralph Lauren, Vera Wang and Sweet Face. These designers and a long list of others displayed their Spring and fall collections on the runway as fashion fans from everywhere attended their shows. Fashion Week isn't just about the clothes, though, it's about making a place in the fashion industry and it's about bring money back into New York. New designers along with old try to make wild statements using clothes so that their name will be on everyone's lips. Journalists attend hoping to find the next Versace before anyone else and super models use this week as a spring board to launch their careers.

Couture Fashion Week NEW YORK

Olympus Fashion Week tents in Bryant Park are the center of Fashion Universe during fashion weeks. Photo by Ralph Nader

Designer's Pick the Newest Trends

Marissa Morais

Next fall is all about Modern meets chic retro with a twist of feminine fabric.

Designers are working with more tailored designs, leaning towards feminine mixed with masculine. Military inspired jackets, pea coats, trench coats, bombers and leathers for outerwear. Fabrics such as suede, leather, fur and wool create a classic meets edgy look. Hosiery makes a come back, bringing back classic style leggings and tights with bold patterns and textures. Plaid makes another statement for the season. Designer Marc Jacobs featured many of his plaid designs in his fall collection. Pencil skirts in various fabrics such as wool, tweed, leather and suede are amongst the most popular to hit the runway. Renaissance & English Romantic period Victorian looks are coming together to fuse a classic yet, elegant look for the fall. More high-collared lace blouses, jackets and softer fabrics such as satin are the newest trend. Designer Ugo Cacciatori has already captured this look in his spring collection, by embellishing tank tops in wire, sequins and heavy metal. Fashion Week has given us a real sneak peek into the future of high fashion.

Everybody Loves Chirs

Marissa Morais

Everybody loves Chris. Singer Chris Brown that is. This sixteen year old Virginia native is the new kid on the block in the R& B world. He first hit the scene when he brought us the single "Run It!" featuring Dip Set rapper, Juelz Santana. Shortly after the success of his first single, he delivered the smooth and melodic, "Yo (Excuse me miss)", which caught the attention of female listeners everywhere and had them saying "Excuse me Chris!" After one successful video for his first single, he had viewers locked into what this boy next door was all about. His self-titled album features 15 tracks that address who he is and what he has to offer. Up - tempo tracks such as "Gimme that" and "Ya Man Aint Me" boast heavily with his talent and credentials, he gives persuasive reasons as to why he's the right guy. In "Young Love" Brown tackles the issue of being misunderstood about love, due to his age. He belts out lyrics such as: "If we aint 21, they be trying to say it aint love". "Poppin" features bass booming beats and harmonies all in one as he dedicates the song to a young lady who has physically, what he considers "Poppin". "Winner" includes a thank you note to his significant other for sticking with him. "Goodbye" elaborates on the dilemma of not wanting to stay in a relationship, but at the same time not being able to let go. With songs that address different situations such as these there's no wonder he has made such an impact already.

Brown can be easily compared to his competitors Omarion, Ne-Yo and Mario but once you take a listen, it becomes evident that he's not your ordinary boy next door.

For a sixteen year old new-comer to the industry, Mr. Brown sure has a lot to offer on his self-titled album, with a little something for everyone, no matter what your flavor.

For Your Own Entertainment: Making Your Own Handbag 101

Laura Zaglauer

Are you sick of looking around only to see that every woman has the same handbag? Are you sick of handbags being so expensive? Well I've got a solution to your problems. Make your own one of a kind inexpensive handbag. Handbags are every woman's most needed accessory. As long as you've got a great handbag, you're good to go.

Being a college student I know money and time can be a problem. Finding fabric at a store is easy and affordable. You may want to take your time making your first bag, but once you get the hang of it the process will go much faster the second time around.

A sewing machine is ideal to make a good sturdy handbag. Sewing your bag by hand doesn't guarantee sturdiness because hand stitches are not as tight and strong as machine stitching.

Start by choosing a pattern for your bag. Patterns can be found in books at a fabric store, or the library. Consider options such as a tote bag, a clutch bag, drawstring bag or a beach bag. Whether your interest is big or small, you have countless options.

Choosing a fabric is the next step. Some fabrics you may want to consider are cotton, denim, suede, corduroy, satin or terry cloth; or you may want to choose a fabric that matches a specific outfit you have.

Assembling the outside and the inside of the bag together is going to be your next step. The inside and the outside of your bag do not need to be the same fabric. Be creative and mix-and-match your fabrics. Trace the pattern on your inside and outside material with a pencil then use scissors to cut out the pattern. A good tip is to cut the inside of the fabric a bit smaller then the outside of the fabric so that it fits in the bag without bunching.

You can customize your bag further by choosing decorations for your bag such as beads, buttons, ribbon and sequins. You can sew these items on or use glue. Remember this bag is your own design so add whatever you want to your hand bag to make it unique and one of a kind.

Handles are another item you must choose, you can either buy handles at a fabric store or you can make your own by using the fabric from your bag. You can be resourceful and use leather straps of maybe some of your dad's old ties. Patterns are available for handles too.

The final step is to sew your bag together and assemble the handles on the bag than it's yours to wear.

Making a handbag should be fun and it could be something to do with your girlfriends or your mom. It's a cute idea for a gift to give to a friend or a family member. They will love it ten times more because you made it. A great book to refer to on making handbags which also includes patterns is "Making Handbags" by Ellen Goldstein-Lynch, Sarah Mullins and Nicole Malone. In addition you can check out this web site for some ideas www.henriettashandbags.com.

Shirley's Cooking Corner

Mmmm! Mmmm! Mmmm!

To celebrate Black History Month Shirley has helped us to compile a list of savory southern style dishes.

Blackened Catfish

Ingredients

4 4 oz. catfish filets

2 tspn lemon juice

1 can of non stick flavored garlic cooking spray

2 tspn blackened or Cajun seasoning

Step # 1: (Optional) Prepare tarter sauce or buy, recipe follows.
¼ cup fat free or reduced fat mayo
2 tbspn sweet pickle relish
1 tspn lemon juice

Step # 2: Mix mayo, relish, and lemon juice in small bowl. Mix well. Refrigerate until ready to use.

Step # 3: Rinse catfish under cold water, pat dry with paper towels. Sprinkle filets with lemon juice, coat with cooking spray. Sprinkle with seasoning blend, repeat with cooking spray (coating filets again).

Step # 4: Heat large non-stick heavy skillet over medium heat until hot. Add a couple of pieces of fish to the skillet, season side down. Cook 3 minutes, reduce heat to medium or until fish begins to flake. Remove from pan when fish is flaked. Add remaining filets. You may then serve with rice and tarter sauce.

Maple Glazed Carrots

Ingredients

1 pkg (16oz) of baby carrots fresh or frozen

1 tbspn of margarine or butter

½ cup of thinly sliced shallots

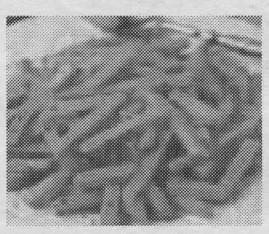
2 tbspn reduced calorie maple pancake syrup

¼ tspn of salt

1/8 tspn white pepper

Step # 1: Put carrots in medium sauce pan, add water to cover carrots. Simmer 8 to 10 minutes or until carrots are tender than drain and set aside.

Step # 2: In same pan, melt the margarine over medium heat. Add shallots, cook for 3 to 4 minutes stirring gently until shallots are tender and start to brown. Add carrots, syrup, slat and pepper. Cook another 2 minutes or until carrots are coated evenly with the maple glaze and heated through.



Chocolate Swirl Cheesecake

Ingredients

4 square bakers semi sweet chocolate (for baking)

2 pkgs of 8 oz. cream cheese divided

½ cup sugar divided

2 eggs divided

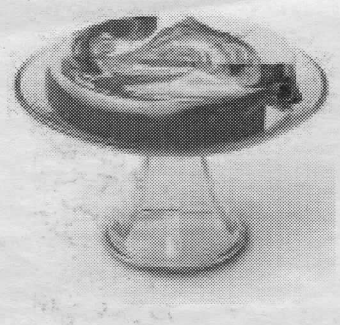
1 Oreo pie crust (6 oz.)

½ tspn Vanilla flavoring

Step # 1: Preheat the oven to 350. Microwave chocolate for 1 ½ minutes or until melted, stirring every 30 seconds, add 1 pkg of cream cheese, ¼ cup of sugar and 1 egg, beat with wire whisk until well blended. Pour into crust.

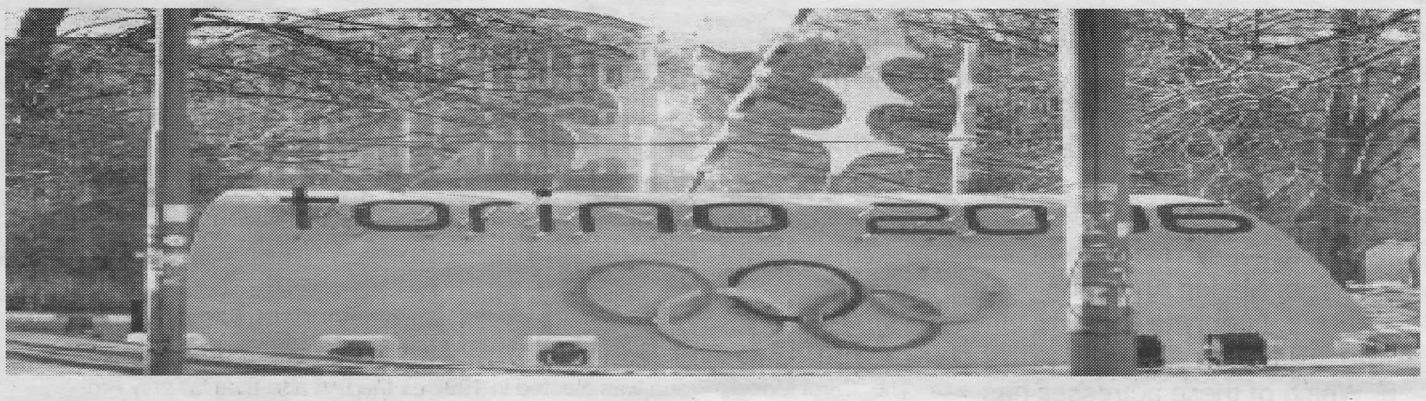
Step # 2: Beat remaining pkg of cream cheese, remaining ¼ cup of sugar, 1 egg, and the vanilla flavoring in a small bowl with whisk until blended. Spoon over chocolate batter, swirl through batter with knife several times creating a marble/swirl effect .

Step # 3: Bake 40 minutes until center is almost set. Cool then refrigerate for 3 hours or overnight. Let stand at room temperature 30 minutes before serving.



One of CNR's Own in Torino

Shirley Del Valle



Torino Italy, Welcomes the worlds best athletes for the 2006 Winter Olympic Games.

The Olympics with its rich history and magnificent flame, is taking place this winter in Torino, Italy. The city is mostly known for housing the Shroud of Turin. The city, its self, is shrowded in mystery and full of magic, not just the Olympic kind. Torino is even believed to house the gates of hell under its very streets, but even knowing the city's mysterious history athletes and spectators flock to this place in hopes of seeing some of this magic come true in Olympic form.

The College of New Rochelle's very own Dr. Amy Bass, Director of the Honors Department and Associate Professor of History, is in attendance also hoping to glimpse some magic. This is her fifth Olympic experience, not just as a spectator but as a member of NBC's research team. She is posting updates, pictures and a blog discussing her adventures and the happenings of the 2006 Winter Olympics. You can visit and view all her photos and read her stories at www.cnr.edu/CNR-olympics/cnr-wintergames.html.

The US was expected to take home plenty of medals this year, and so far all the athletes are off to a good start. The most popular events are speed skating and short track, which was a huge event in 2002 Salt Lake City games when "soul patch wearing" Apollo Anton Ono took home two medals. Figure Skating is another popular event, NBC airs this event and other favorites during prime time, when most audiences are tuned in. The biggest surprise at these games has to be snowboarding. The sport, created in America is not only dominated by American's, they are expected to sweep the medals all snowboarding events. Women snowborders are also coming out in force at this years games, flying higher and pumping faster than the boys. US favorite Kelly Clark who won the gold in 2002, is sure to push the envelope this year with her speed. Olympic organizers have also noticed the increased popularity in snowboarding; so much so that they have added a new event. SBX, or Snowboard Cross is when four people race down a mountain trail, that is complete with jumps and obstacles, on a snowboard. This event makes its Olympic debut this year. Another US favorite Seth Wescott is expected to medal in this event.

Dr. Amy Bass, at the 2006 Winter Olympics in Torino, Italy .

NBC is airing all different events on different channels throughout the day. CNBC, MSNBC and the USA network, along with NBC 4, are all showing different events. There are featured highlights and interviews with athletes, not just competition. NBC being the main network features the more popular sports during prime time, such as Speed Skating, "S'boarding" their way of spelling out snowboarding, figure skating, and skiing.

Ways to Melt Away The Winter Time Blues in NYC

Shirley Del Valle

Winter is finally here, after two months of unseasonable warm weather the cold has finally hit. Breathe a breath of fresh air. For those of you who do not want to sit at home enjoying the snow from a distance can plan to go into the NYC area. If you have no clue how to occupy your time during these cold winter weekends, here are a few fun things to try!

Head into the city, visit Rockefeller Center and go ice-skating. If you do not want to spend an enormous amount of time or money skating at Rockefeller Center, you have other options; other areas in the city have ice rinks and rent out equipment for a much cheaper price, such as Central Park, Bryant Park, Prospect Park and Riverbank State Park.

Thinking of trying new food? Head down to the Village and go into Spice Restaurant, its Thai food is inexpensive and delicious. Then head uptown to Serendipity where you can have the best frozen hot chocolate in the world. Or head to the crossroads of the world, give Chevy's a chance and try some Mexican Cuisine, that is sure to warm your belly and your toes.

If sports are your thing then go to Chelsea Piers and rock climb, hit the batting cages, try a few gymnastics challenges or sneak your way on to a studio set. You also have the option of heading to Madison Square Garden to catch a hockey game, a truly winter sporting event that can be enjoyed in the warmth.

More into the arts? Go to South Street Seaport and create your own T-shirt. Give your regards to Broadway and check out Oprah's production of The Color Purple or any other Broadway show your heart desires. Head to Coldstone Creamery and make your very own custom ice cream. Ursula resident, Junior Joanna Levy swears by Cold Stone, she says, "It's the best place in the world. You get to mix any flavors you like and add any ingredients you want. It is a great treat to give yourself."

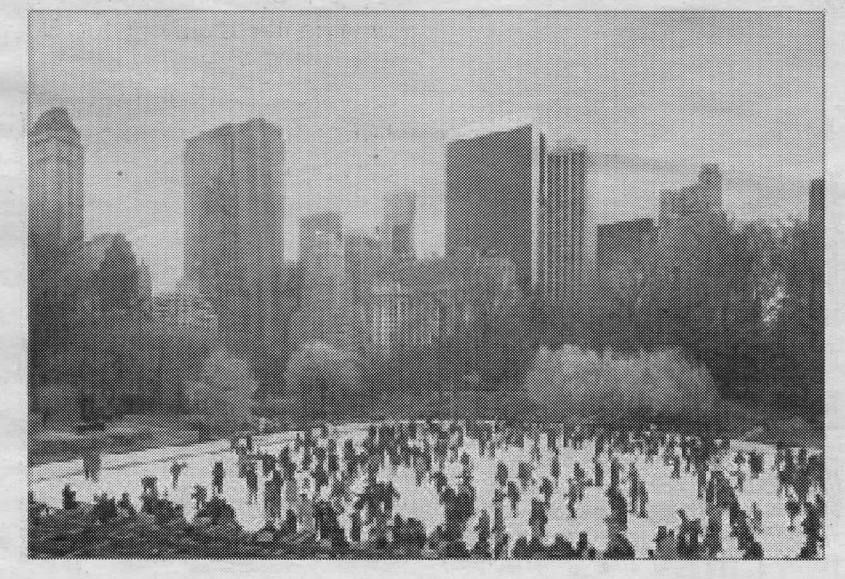
If your toes get to cold from walking and your lips are numb from ice cream try visiting a museum. Go to The Met for art or The NYC Historical Society for some history. Not into a museum then head to the Remote Lounge and scope out a few hotties from the comfort of warm chair. Or come up to the Bronx and join the party at Rumors. Take the train down to Astor place and drop into Sounds where you can get new cds for ridiculous cheap prices.

Manhattan however is not the only borough to have fun in. Senior Communication Arts Major Serena Ramirez says, "People tend not to think the Bronx has a lot to offer. I say they should give the Bronx a try. We have the Bronx Zoo; which is open all year round. We have the beautiful Botanical Gardens and awesome Karaoke Bars." Save the Botanical Garden for warmer weather but the zoo in the snow is always an adventure.

The Bronx not your thing? More of a City person? Then head to Time Square, where you can find anything and everything, from a naked cowboy to MTV studios, to restaurants and theaters. Everything is still rocking even in the snow.

Most importantly, relax and enjoy the snow. After a warm winter like this a little of the white stuff isn't that bad. Stay safe, stay warm, and have fun!

Central Park ice skating rink on a clear winter day.



A row of Central Park benches after it snows. Photo by Henry Yao.

Black History Month Quiz

As we go from February to March we transition from Black History Month to Women's History Month so here is a little quiz about famous African American Women.

1. Who was the only African American woman to serve as a United States Senator?

   a. Shirley Chisholm
   b. Carol Mosely - Braun
   c. Eleanor Holmes Norton

2. Who served as poette laureate of the United States?

   a. Gwendolyn Brooks
   b. Maya Angelou
   c. Rita Dove

3. Which of these dancers became the director of a major American dance company?

   a. Judith Jamison
   b. Kathryn Dunham
   c. Josephine Baker

4. Which journalist and civil rights leader crusaded against lynching?

   a. Ida B. Wells Barnett
   b. Mary McLeod Bethune
   c. Myrlie Evers Williams

5. Which of these opera singers became the first African American to become a permanent member of the Metropolitan Opera Company?

   a. Jessye Norman
   b. Marian Anderson
   c. Leontyne Price

6. Which of these actresses has not won an Oscar?

   a. Angela Bassett
   b. Halle Berry
   c. Hattie McDaniel

7. Which abolitionist was known for her extraordinary speeches?

   a. Sojouner Truth
   b. Phyllis Wheatly
   c. Harriet Tubman

8. Which African American woman won the Nobel Prize in literature?

   a. Toni Morrison
   b. Zora Neale Hurston
   c. Alice Walker

Answers :

1. b. Carol Mosely Braun was elected in 1992 as the first and thus far only African American woman senator.

2. c. Rita Dove was the poette laureate from 1993 to 1995

3. a. Judith Jamison became the director of the Alvin Ailey Dance Company in 1990.

4. a. Ida B. Wells - Barnett campaigned and wrote tirelessly against lynching over several decades. (1862 - 1931)

5. b. Marian Anderson in 1955 was the first African American to become a permanent member. She was banned decades earlier from performing at Washington DC's Constitution Hall in 1939.

6. a. Angela Bassett was nominated for her role as Tina Turner in "What's Love Got To Do With It" in 1993 but she did not win.

7. a. Sojouner Truth gave her famous "Ain't I a Woman" speech at a Women's Rights Convention in Akron, Ohio in 1851.

8. a. Toni Morrison in 1993 was the first and only African American woman to receive the Nobel Prize thus far.

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Tatler's next meeting is Tuesday, March 7th At 12:45 in the Publication Office, (2nd floor SCC). Can't make the meeting but want to join? Email us at tatler_cnr@yahoo.com

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